

# Kentucky Diabetes Connection



The Communication Tool for Kentucky Diabetes News

## AACE

American Association of  
Clinical Endocrinologists  
Ohio River Regional Chapter

## ADA

American Diabetes  
Association

## DECA

Diabetes Educators  
Cincinnati Area

## GLADE

Greater Louisville Association  
of Diabetes Educators

## JDRF

Juvenile Diabetes Research  
Foundation International

## KADE

Kentucky Association of  
Diabetes Educators

## KEC

Kentuckiana Endocrine Club

## KDN

Kentucky Diabetes  
Network, Inc.

## KDPCP

Kentucky Diabetes Prevention  
and Control Program

## TRADE

Tri-State Association of  
Diabetes Educators

## A Message from Kentucky Diabetes Partners

### LT. GOVERNOR COMMENTS ON DIABETES AND ELECTRONIC HEALTHCARE NETWORK

*Submitted by the Office of the Governor,  
Lt. Governor, Dr. Daniel Mongiardo*

Diabetes — both Type 1 and Type 2 — is a problem that is rampant throughout Kentucky, and faced daily by far too many of our citizens. In 2006, the Kentucky rate of diagnosis for diabetes was 7<sup>th</sup> highest in the entire United States, with almost a tenth of our total population affected by this disease. What's more, almost 29% of diabetes cases are undiagnosed. This indicates that a projected one out of every seven people in Kentucky has diabetes.

In our rural and outlying areas — including my home in Eastern Kentucky — the problem of diabetes, limited care options, and the high costs of medical coverage have intersected to form a healthcare crisis. In our Appalachian counties, the instance of hospitalization for diabetes is significantly higher than the state average — 18.1% as compared to 15.8% — and those suffering from diabetes are less likely to manage their blood sugar levels effectively through glucose testing and regular check-ups.

While the first and most proactive step towards solving this diabetes crisis within the Commonwealth is preventative education and



*Lt. Governor Dr. Daniel Mongiardo*

encouragement of a healthy lifestyle, there is a much larger issue that must be addressed by our government and citizens alike. In Kentucky and across the nation, the cost of healthcare continues to skyrocket while the lack of access to high-caliber

*Continued on next page*

**DIABETES TRAININGS FOR SCHOOL NURSES P. 2**  
**HOW INDIANA IS HANDLING THE DIABETES SCHOOL CARE ACT P. 3**  
**KY DIABETES LEGISLATIVE NOTES P. 5**  
**DENTISTRY FOR DIABETICS — NEW NATIONAL GROUP FORMS P. 7**  
**AWARDS P. 9 & 10**  
**AND MORE....**

*Continued from front page*

medical resources for our uninsured and underserved citizens remains. This must be remedied.

Kentucky is poised to become a model for the next generation of healthcare through the development and implementation of an electronic healthcare network—'Healthcare of Tomorrow'. Diabetes is one of the foremost medical problems facing the Commonwealth that will benefit from the creation and maintenance of such a system, which will work to increase patient care through quick and accurate access to patient records, medical history, and treatment options. What's more, the network will prove to be a cost saving measure through the elimination of middle men and the paper trail that has plagued the healthcare industry for decades.

One facet of the network that will prove especially important and pertinent to those treating patients with diabetes is automatic, electronic notification if a potential emergency arises. By incorporating a wireless device into a patient's blood glucose meter, doctors will be able to get immediate updates from patients with each reading and alert notifications if a person's blood sugar is nearing dangerous levels. In turn, medical access will be more readily available and immediate, in case of emergency.

What's more, access to a patient's medical record will be more readily available to doctors in every region, especially in rural areas where specialized medical professionals — such as endocrinologists — are typically less accessible for patients and general practitioners.

By looking ahead to the future and new strategies with which to approach not just the treatment of diabetes but healthcare in general, Kentucky will be able to move to the forefront nationally by not just identifying our problems, but taking corrective action and steering a new course towards greater healthcare accessibility and affordability for all.



## DIABETES TRAININGS FOR SCHOOL NURSES

### DIABETES IN SCHOOLS TRAININGS

OFFERED BY STAFF OF THE  
KENTUCKY DIABETES PREVENTION  
AND CONTROL PROGRAM (KDPCP)

**Free Continuing Education Program  
For Health Professionals Working in Schools  
With Children Who Have Diabetes**

**June 19, 2008**

**Lincoln Trail District Health Department**

**Administrative Offices**

**108 New Glendale Road**

**Elizabethtown, KY 42702**

**(270) 769-1601 ext. 1060**

**E-mail: [amy.wheatley@ky.gov](mailto:amy.wheatley@ky.gov)**

**To Register Logon To: [ky.train.org](http://ky.train.org)**



### PUMPING IN THE SCHOOL

**FREE Continuing Education Program  
For Nurses, Dietitians and Certified Health  
Educators**

**June 24, 2008**

**1:00-4:00**

**1st Floor Conference Room**

**Barren River District Health Department**

**1109 State Street**

**Bowling Green, KY 42102**

**(270) 781-8039 ext. 154**

**\*Preregistration is required.** To register for this program, please call: Mindy Key (270) 781-8039 ext. 154. *Registration is limited.* **\*\*Cancellation policy: please cancel by June 20, 2008**



## HOW INDIANA IS HANDLING THE DIABETES SCHOOL CARE ACT



*Submitted by: Indiana State Department of Health,  
Diabetes Prevention and Control Program Staff*

On February 20, 2007, the Indiana House Bill 1116 **Diabetes School Care Act** unanimously passed the Indiana House of Representatives and Governor Daniels signed the bill into law on Friday, May 4, 2007.

The **Indiana Diabetes School Care Act** establishes that a diabetes management and treatment plan will be developed by the student's health care team so his or her needs and the school's responsibilities are clearly stated. In Indiana, a school nurse is assigned to every school district, not every school. The law states that while the school nurse has the central role in the provision and coordination of diabetes related care at school, school personnel who wish to volunteer as health aides will also be trained to provide supplemental diabetes care, particularly when the school nurse is unavailable.

Additionally, the bill ensures that schools allow blood glucose monitoring whereby students have the ability to monitor in the classroom or wherever they happen to be. The bill also addresses insulin administration, whether it is performed by the student or a properly trained school staff member.

**Indiana's legislation allows school employees to serve as volunteer health aides. However, the Indiana law requires that the volunteer have access to the school nurse in person or by telephone at all times.**

Training for volunteer aides includes symptom recognition, measurement of blood glucose levels, and instruction regarding the administration of glucagon or insulin. These aides are immune to civil action unless they act in willful or wanton misconduct, or with actual or deliberate intention to cause harm. The bill also protects the aides from charges relating to their having to touch a pupil.

In addition to following a diabetes care plan

established by a physician, volunteer health aides, as noted before, must have access to the school nurse in person or by phone at all times. Training of the health aides must be provided by a health care professional with experience in diabetes management or by the school nurse.

The parents of the student with diabetes must be informed and consent to their child being treated by these volunteer health aides. The skills required of the volunteer aide must be provided in a classroom, on school grounds, or at any school related activity. These actions are not deemed to be acts of nursing under the legislation, rather they are considered to be emergency measures to stabilize the student's condition until a nurse or another licensed health professional can attend to the student, if necessary.

Bus drivers are informed which students have diabetes and emergency contact numbers, as well as emergency responses to high or low blood sugar symptoms.

This **School Care Act**, modified the Indiana Department of Education's school health rules. The Act also requires all new applicants for a teaching license to complete first-aid training by the department.

The Indiana State Department of Education (IDOE) Diabetes Training and Education Program (<http://www.doe.state.in.us/sservices/diabetes.html>) is the area of the IDOE that is responsible for coordinating diabetes training dates and locations as well as developing the training curriculum. A task force resulted from HB1116 to assist in the development of the training curriculum.

**Questions regarding *Indiana's Diabetes School Care Act* and how it is being implemented may be directed to: Laura T. Heinrich, RD, CD, Program Director, Indiana Diabetes Prevention and Control Program at [ltheinri@isdh.in.gov](mailto:ltheinri@isdh.in.gov) or 317-233-7449 or Phyllis Lewis at the Indiana Department of Education at [plewis@doe.in.gov](mailto:plewis@doe.in.gov).**



# FUNDING CUTS IN KENTUCKY SCHOOLS

## *ADVOCACY EFFORTS NEEDED TO PROMOTE PHYSICAL ACTIVITY*

*Submitted by: Kathleen Stanley, CDE, RD, LD, MSED, BC-ADM, Central Baptist Hospital, Lexington, KY*

To help combat inactivity, diabetes, and obesity in our children, most health care professionals are continuing a long battle to promote and protect physical activity within the schools. Once again, Kentucky is facing statewide budget cuts. Unfortunately, these cuts will also be affecting Kentucky schools.

When money is tight, often the “special” classes like art, music, and physical education (P.E.) are the first services to be affected. As health educators and supporters, it is important for you to know what is going on in your own county schools and how they are planning to deal with the budget cuts. **Call your local school board, to find out what classes may be affected in your county. Let your voice be heard that continuing and increasing physical activity in our schools is crucial for our children!**

Health care professionals, whether you have children or not, have the knowledge and expertise to communicate

evidenced-based data to decision makers about the benefits of physical activity in children. There is much misunderstanding about physical activity guidelines even among educators. Thus, actually talking to teachers first may help you understand their perspective, as well as allow them to gain insight from an expert. Be prepared to provide information as well as suggestions and options regarding physical activity when school personnel are contacted.



In a recent news release from the Robert Wood Johnson Foundation, many other states continue to push forward with in-school physical activity requirements. For instance, Oklahoma recently passed a measure that “upped” the amount of time of physical activity in elementary schools from 60 to 120 minutes per week. This measure is now awaiting the Governor’s approval. Leaders in Tennessee have created a website called *“Freeways to Exercise”*, which provides activity information and resources for children and families in the Chattanooga Area.

**Many of you have already created wonderful reference tools or made suggestions regarding physical activity in your local community. Please continue these efforts!**

## DIABETES BILLBOARDS TARGET DIABETES PREVENTION IN KIDS

Hey Kids... Be Active, Eat Well  
& Lower Your Risk  
For Type 2 Diabetes



MONROE COUNTY HEALTH DEPT • 487-6782

*Submitted by Jill Ford, Monroe County Health Department*

# KENTUCKY DIABETES LEGISLATIVE NOTES

*Submitted by: Greg Lawther, Chair, KDN Advocacy Work Group*

On February 21, 2008, the Kentucky Diabetes Network (KDN) and the American Diabetes Association (ADA) held the annual “Diabetes Day at the Capitol”. The first KDN “Diabetes Day at the Capitol” was held in 1998 and the efforts put into this annual event have definitely paid off!

Over the last ten years several important pieces of legislation related to diabetes have been passed and additional funding for diabetes has been appropriated. Legislation passed includes: insurance coverage of diabetes education, supplies and medications for people with diabetes; recording diabetes as a cause of death on the Kentucky death certificates; administration of glucagon to children with diabetes by school personnel; improvements in school nutrition; and establishment of a Diabetes Research Board. Also, in 2005 and 2006 an additional \$2.6 million dollars per year was appropriated to support the Kentucky Diabetes Prevention and Control Program (KDPCP), the Diabetes Research Board, and the Diabetes Centers of Excellence.

The 2008 “Diabetes Day at the Capitol” was better than ever with over 180 people registering for the event. Despite Mother Nature throwing us a curve with bad weather, most of the registrants came to Frankfort early that Thursday morning and filled two rooms in the Capitol Annex.

The event began as usual with advocacy training for participants. Following the training, participants met with their elected legislators. Although the weather worsened as the day went on and many had to leave early, almost 40 legislators were visited personally and given an important diabetes message. An educational packet was left with the legislators who could not be visited personally.

The legislative message for the day was twofold — first to say “thank you” for all that has been done for diabetes in the last ten years, and second to ask the legislature to continue to support efforts to stem the tide of diabetes in Kentucky. There was also a special effort to discuss issues with legislators that were likely to be considered as the 2008 session of the legislature proceeded.

The 2008 session of the legislature ended on April 15th. There was not as much progress as hoped regarding issues KDN supported, and the overall budget situation proved to be the most troubling development as the session proceeded.

## Diabetes Related Bills and Outcomes

- Preserving private and public insurance coverage of diabetes education, supplies and medication for people with diabetes. *Existing insurance coverage appears to have been preserved.*
- Two bills to improve physical activity in schools were introduced:

➤ HB34, <http://www.lrc.ky.gov/record/08RS/HB34.htm> .  
*The bill was sent to the House Education Committee,*

*but never made it out of committee.*

➤ SB17, <http://www.lrc.ky.gov/record/08RS/SB17.htm> .  
*The bill was sent to the Senate Education committee where it stayed for the duration of the session.*

- HB36, <http://www.lrc.ky.gov/record/08RS/HB36.htm>, <http://www.lrc.ky.gov/record/07RS/HB406.htm>, to improve diabetes reporting on the KY death certificate. *This bill passed the House and Senate — and was signed into law by Governor Beshear on April 7<sup>th</sup>. KDN and ADA will need to follow-up on implementation of this change to assure that accurate data on deaths caused by diabetes are reported on death certificates.*
- SB59, <http://www.lrc.ky.gov/record/08RS/SB59.htm>, to improve insurance coverage for dialysis patients. *Unfortunately, this bill never made it out of the Senate.*
- Increasing funding for the Diabetes Research Board. *No action was taken to increase this funding and, as explained below, the possibility of a cut in funding to the Board is a real possibility.*
- Preserving diabetes funding increases the legislature approved in the 2005 and 2006 sessions for the Kentucky Diabetes Prevention and Control Program and the Diabetes Centers for Excellence. *Unfortunately, the final budget approved by the legislature had cuts across the board for most areas of state government, including the Cabinet for Health and Family Services which receives the funding for these two programs. The Cabinet was given a reduced budget and it will be up to the Cabinet Secretary to decide how the funding cuts will affect individual programs.*

KDN advocates attempted to set up a meeting with the Governor to discuss the impact of the budget cuts. Although the Governor could not meet with us — on April 14, 2008, KDN President, John Bunton, Advocacy Work Group member, Carlos Hernandez, MD, and I met with Cabinet for Health and Family Services officials (Steve Nunn, Deputy Secretary; William Hacker MD, Acting Undersecretary for Health and Commissioner of the Department for Public Health; and Steve Davis MD, Deputy Commissioner of the Department for Public Health) to discuss the situation.

Although these officials could not give us specifics regarding budget cuts on diabetes programming, they assured us that their support for diabetes was unwavering and that they would like KDN to be at the table as critical decisions were made in the future. Only time will tell how this unfolds. At this point we can only hope that previous appropriations approved by the legislature due to our efforts will be recognized as being a priority that needs to be protected. We will be following up with Cabinet for Health and Family Services officials to make sure the progress made over the last several years is not reversed.

Thanks again to all who attended “Diabetes Day at the Capitol” 2008. We need your continued support, as our work is far from done. I am totally confident that with your support, we will continue to move forward!

# OWENSBORO HEALTHPARK BEGINS SUCCESSFUL NEW METABOLIC SYNDROME PROGRAM

*Submitted by Melissa Gaither, RD, LD, HealthPark, Owensboro, KY*

The HealthPark in Owensboro began a new program this past January, called the MetS Program (MetS is the acronym being used for Metabolic Syndrome). This new program targets individuals with 2 or more risk factors for metabolic syndrome including increased waist circumference, low HDL cholesterol, high triglycerides, elevated blood glucose, and elevated blood pressure.

The MetS program lasts for 12 weeks and is strongly focused on physical activity. MetS participants were introduced to a wide variety of exercise experiences and encouraged to perform physical activities outside of scheduled sessions. Gym membership to HealthPark was included in the program fee. In addition, the MetS Program included education sessions on nutrition and risk factor modification.

Specifically, participants met every Tuesday and Thursday evening from 7-8pm for 12 weeks. The Tuesday classes were exercise sessions where participants were shown different types of exercise — from strength training to yoga to zumba. The Thursday classes were educational sessions which discussed each of the metabolic syndrome risk factors and also included nutrition recommendations and guidelines. Each participant had pre and post program labs and physical profiles completed. The last session was a "celebration" where healthy refreshments were served and awards including one for the "most improved labs" were distributed.

The 8 participants who completed the first MetS Program

showed significant improvements in their risk profiles! Outcomes included an overall drop in triglycerides of 33%, a drop in glucose of 33%, a decrease in systolic blood pressure by 9%, a decrease in waist circumference by 3.7%, and an increase in HDL cholesterol by 8.7%. While not specifically addressed with metabolic syndrome, participants also lowered their LDL cholesterol by 8%. Several participants were even able to discontinue or decrease their diabetes or blood pressure medicine. Fitness measures, including grip strength, flexibility, and aerobic capacity also improved.



*Participants in Owensboro HealthPark's New MetS Program include: Front row (left to right): Barbara Lowe, Michael Tucker, Rick Keller, Catherine Keller, Diane York (instructor); Back row (left to right): Andrea Melton, Vicky Liles, Kathy Ellsworth, Melissa Gaither (instructor), Mickey Melton; Not pictured: Tony Mattingly and Nick Jones, exercise physiologists.*

## STANDARDS OF DIABETES CARE FOR OLDER ADULTS



*American Diabetes Association's (ADA) 2008 Clinical Practice Recommendations*

Standards of Care for the Older Adult from The American Diabetes Association's 2008 Clinical Practice Recommendations:

- Older adults who are functional, cognitively intact, and have significant life expectancy should receive diabetes treatment using goals developed for younger adults.
- Glycemic goals for

older adults who do not meet the above criteria may be relaxed using individual criteria, but hyperglycemia leading to symptoms or risk of acute hyperglycemic complications should be avoided in all patients.

- Other cardiovascular risk factors should be treated in older adults with consideration of the timeframe of benefit and the individual patient. Treatment of hypertension is indicated in virtually all older adults, and lipid and aspirin therapy may benefit those with life expectancy at least equal to the timeframe of primary or secondary prevention trials.
- Screening for diabetic complications should be individualized in older adults, but particular attention should be paid to complications that would lead to functional impairment.

**For more information, visit Diabetes Care Online, <http://care.diabetesjournals.org>.**

# DENTISTRY FOR DIABETICS

## NEW NATIONAL GROUP FORMS TO ADDRESS DIABETES DENTAL CARE PRACTICES

*Submitted by Paul M. Frazier, DMD, Member of Dentistry for Diabetics, Lexington, Kentucky*

**Note:** Dr. Paul M. Frazier, DMD, from Lexington, Kentucky, is one of about 40 dentists nationwide who have joined together to form a new organization called "Dentistry for Diabetics" which began in 2007. "Dentistry for Diabetics" was started by Charles Martin, DMD, of Richmond, Virginia and Dan Kennedy, a marketing guru who both have personal and family connections regarding diabetes.

Via, monthly teleconferences with other dental colleagues in the "Dentistry for Diabetics" mastermind group and quarterly seminars, Dr. Frazier is brought up to date regarding the latest findings and treatment protocols dealing with chronic inflammation and how it adversely affects diabetes and the dental treatment for diabetes.

Group members are trained regarding the direct connection between gum and bone disease and how this affects dental care for people with diabetes. Through in office blood testing, nutritional supplementation formulated specifically for people with diabetes, soft and hard tissue treatment protocols, laser therapy and up-to-date oral hygiene instructions, Dr. Frazier is working to help people with diabetes attain good oral and systemic health. He works hand in hand with the medical profession as a team in fighting diabetes.

For more information on Dentistry for Diabetics, contact Dr. Frazier at 859-223-5373 or [pfrazierdmd@windstream.net](mailto:pfrazierdmd@windstream.net).

###

If there is one health condition in which preventive maintenance can spell the difference between keeping teeth and losing them, it is diabetes. Learning how diabetes affects teeth and the overall oral health of the mouth can prevent problems down the road, or at least significantly reduce severity.

Diabetes has numerous implications for oral health. Unfortunately, most people with diabetes do not pay enough attention to the increased need for oral care and the potential for dental problems that accompany this disease.

The first stage of periodontal disease stems from a chronic inflammation caused by various types of bacteria and

microbes in the mouths of people with diabetes. In fact, periodontal disease is frequently referred to as "the sixth complication of diabetes". The first stage of periodontal disease is gingivitis, which occurs when bacteria in dental plaque irritate the gums and cause infection leading to red, swollen gums that bleed easily. Gingivitis only rarely causes discomfort, and therefore, it is especially important that people with diabetes train themselves to be aware of even slight changes in gum tissue.

It is important to note that gingivitis in people with diabetes is a direct result of poor glycemic control and is not because of higher levels of plaque accumulation. Diabetes does not significantly increase plaque. Getting and keeping the blood glucose level under control will go a long way toward solving gingival problems.

Research indicates that the risks of developing periodontal disease appear to increase over time for those with diabetes; while those who have had diabetes for fewer than 10 years are less likely to lose teeth due to complications of their disease.

Improving control of blood glucose levels is the best way a person with diabetes can improve overall oral health, because diabetes weakens the body's normal defenses against disease. Diabetes also adversely affects salivary gland production, causing xerostomia, or dry mouth, which leads to having higher concentrations of glucose in saliva and bacteria in the mouth. Elevated salivary glucose and dry mouth both increase the likelihood of dental cavities.

People with diabetes also face increased susceptibility to getting other nasty dental health problems such as oral yeast infections, gum abscesses, lichen planus, burning mouth syndrome and possible difficulties in wearing dental prosthetics.

Though diligent blood sugar control is the most important factor in maintaining oral health, rigorous dental hygiene is also imperative for those with this disease — for without it oral health problems can multiply exponentially. No one should smoke cigarettes, and this is especially true for people with diabetes.

If all of this sounds like bad news, there is an upside: people who keep their blood sugar levels in check can usually receive any dental treatments that patients without diabetes can receive, which is especially important if a person wants to undergo dental procedures to improve their smile.



Paul M. Frazier, DMD, Lexington, Kentucky

# AMERICAN DIABETES ASSOCIATION FUNDS DIABETES RESEARCH IN KENTUCKY

The American Diabetes Association (ADA) continually funds diabetes research in Kentucky. The following list identifies the university receiving research dollars and also includes the area of research focus.

For more information go to: <http://www.diabetes.org/diabetes-research/research-home.jsp>

[Cai, Lu, MD, PhD](#)

University of Louisville, Department of Medicine  
Louisville, KY

Mechanisms for metallothionein prevention of diabetes-induced nitrosative damage to the heart  
Type 1 Diabetes

07/01/2005 through 06/30/2010

[Gong, Ming Cui, MD, PhD](#)

University of Kentucky College of Medicine  
Lexington, KY

Vascular smooth muscle hyperreactivity and type 2 diabetes-associated hypertension  
Type 2 Diabetes

01/01/2004 through 12/31/2008

[Ozcan, Sabire, PhD](#)

University of Kentucky College of Medicine  
Lexington, KY

Role of histone deacetylation and protein phosphatases in insulin gene expression

Both Type 1 and Type 2 Diabetes

01/01/2005 through 12/31/2009

[Finlin, Brian Scott, PhD](#)

University of Kentucky  
Lexington, KY

Regulation of l-type calcium channels by the Rem2 gtpase in pancreatic beta cells  
Type 2 Diabetes

07/01/2005 through 12/31/2008

[Bruemmer, Dennis C., MD](#)

University of Kentucky  
Lexington, KY

Regulation of telomerase activation in diabetic vascular complications by PPARgamma

Both Type 1 and Type 2 Diabetes

01/01/2006 through 12/31/2008

[Feng, Wenke, PhD](#)

University of Louisville  
Louisville, KY

Metallothionein and hypoxia inducible factor-1 in diabetic cardiomyopathy

Type 1 Diabetes

07/01/2007 through 06/30/2010

[Karounos, Dennis George, M.D.](#)

University of Kentucky Research Foundation  
Lexington, KY

Mechanisms of preventing type 1 diabetes with inactive insulin

Type 1 Diabetes

07/01/2007 through 06/30/2010

[Shao, Jianhua, PhD](#)

University of Kentucky Research Foundation  
Lexington, KY

Transcriptional regulation of adiponectin gene expression

Both Type 1 and Type 2 Diabetes

07/01/2007 through 06/30/2012



## AMERICAN DIETETIC ASSOCIATION ANNOUNCES AWARD

*Submitted by: Deborah Fillman, MS, RD, LD, CDE, Green River District Health Department Director, TRADE, KDN Member*

**Tami A. Ross, RD, LD, CDE** is the recipient of the **2008 Diabetes Educator of the Year Award** from the Diabetes Care & Education Practice Group of the American Dietetic Association!

The 2008 Award recognizes an individual who has made significant contributions to the practice of diabetes education and medical nutrition therapy. The Award acknowledges contributions to direct patient care, educational materials and programs developed, integration of food and culinary experiences into educational teaching methods, and participation in the diabetes education community through professional education, public education, public policy advocacy, publication and research.

Tami is a Registered Dietitian, Certified Diabetes Educator, speaker, writer, and consultant from Lexington, KY. She provides diabetes education and medical nutrition therapy at Internal Medicine Associates in Lexington, KY and is the owner of Ross Nutrition Resources. Tami received her Bachelor of Science Degree from the University of Kentucky and has worked in diabetes education for over 18 years.

Tami has served in a variety of professional leadership positions for both local and national diabetes and nutrition organizations, and she currently is a member of the Board of Directors for the American Association of Diabetes Educators (AADE).



**Tami A. Ross, RD, LD, CDE** is recipient of the **2008 American Dietetic Association's Diabetes Educator of the Year Award**

She has co-authored six books including *Diabetes Meals on \$7 a Day or Less*, *The Carbohydrate Counting Cookbook*, and *Cooking Up Fun for Kids with Diabetes*. She also co-edited the *ADA Guide to Diabetes Medical Nutrition Therapy and Education*. Additionally, Tami has authored numerous articles for professional and lay publications, including a bi-monthly column for *Diabetes Self-Management* magazine.

Tami will be honored at an awards ceremony held during the ADA Food & Nutrition Conference & Exhibition in Chicago in October.

## CENTRAL BAPTIST HOSPITAL'S DIABETES STAFF RECEIVE AWARD



## PRESENTING THE 2008 MED+STAR WINNERS



*The "A.O. Sullivan Excellence in Education" Award presented by Glenn Sullivan, President of the Sullivan University System (far left), and Jan Gordon, Executive Director Spencerian College (far right), to Medi Winners Larry Gray, VP of Administration (middle left), and Kathleen Stanley, CDE, RD, LD, MSED, (middle right) on behalf of the Diabetes Education Team, Central Baptist Hospital.*

Central Baptist Hospital's Diabetes Education Team, led by Kathleen Stanley, CDE, RD, LD, MSED, BC-ADM was the recipient of the **A. O. Sullivan Excellence in Education Award** presented by Glenn Sullivan, President of the Sullivan University System, on March 14, 2008 at the Palace Theatre in Louisville. Central Baptist's eight member diabetes team participated in more than 110 community events focused on diabetes information and prevention efforts in 2007, while also providing regular classes and services to both inpatients and outpatients on campus.

The 2008 Medistar Awards, sponsored in part by Medical News (serving Kentucky, Indiana and Ohio) were emceed by Heather French Henry. The presenters of eight different awards included: Todd Bledsoe, Manager of Public Affairs / State Government Affairs with Eli Lilly and Company, Lt. Governor Dr. Daniel Mongiardo, and Dr. James W. Holsinger, Jr.

Other Central Baptist staff were also recognized with awards including the **"Healthcare Advocacy Award"** (Theresa Moseley for car seat advocacy in Kentucky) and the **"Physician of the Year Award"** (Dr. W. Brooks, Neurosurgeon for charity work and excellence in performance).



## BARETTA CASEY, MD, RECEIVES AWARD FOR OUTSTANDING ACHIEVEMENT



*Baretta Casey, MD, (right) received the Louis Gorin Award for Outstanding Achievement in Rural Health Care*

On May 9th Baretta Casey MD, FAAFP, received the **Louis Gorin Award** for Outstanding Achievement in Rural Health Care from the National Rural Health Association (NRHA).

In addition to Dr. Casey's work in rural health, she has served as a diabetes advocate through such activities as volunteering as a diabetes day camp physician as well as serving on statewide diabetes assessment and planning committees. In fact, the same week she received the National Rural Health Association award, she flew from the Rural Health Association Meeting to the Centers for Disease Control and Prevention's Diabetes Translation Conference where she presented regarding the Kentucky Diabetes Research Board. She then flew back to the National Rural Health Association meeting to receive her award and attend the conference. Talk about dedication!

Dr. Casey currently serves as Chair of the Kentucky Diabetes Research Board as well as Past President of the Kentucky Medical Association in addition to her job as Director of the University of Kentucky (UK), Center for Rural Health in Hazard, KY and Professor in the UK College of Medicine.



## STATE DIABETES PROGRAM RECEIVES AWARD FROM NATIONAL KIDNEY FOUNDATION OF KENTUCKY

On behalf of the Kentucky Diabetes Prevention and Control Program (KDPCP), Director Theresa Renn, accepted a state award given by the National Kidney Foundation of Kentucky (NKFK) in recognition of assistance in conducting kidney screenings across the Commonwealth. The award was presented on May 16, 2008, during the *Gift of Life* Gala held in Louisville, Kentucky.

Because of these efforts, thousands of Kentuckians have been screened for kidney disease and many unsuspecting citizens are now under treatment.

Theresa credits her wonderful KDPCP staff who are located in health departments across the state as being the "real recipients" of the award and "true heroes" for diabetes care and prevention in Kentucky.



*Theresa Renn, Director of the Kentucky Diabetes Prevention and Control Program (right), accepts the National Kidney Foundation of Kentucky Award presented by Lisa Allgood, Director of NKFK (left)*



## FIGHT DIABETES — SIGN UP TO *STEP OUT!*

There's something stronger than America's fastest growing disease: *The people who are doing something about it!*

**Step Out: Walk to Fight Diabetes**, formerly America's Walk for Diabetes, is about changing the face of diabetes in our country — by raising funds to help find a cure and by walking a few miles to bring a greater awareness to this devastating disease.

**Step Out** is a whirlwind day packed with energy, fun, support for others and a perfect amount of selfless dedication. Anyone can take part in **Step Out** — participation isn't measured by dexterity or speed, but by the level of enthusiasm and commitment to end diabetes.

Gather friends and family to walk and raise funds for **Step Out: Walk to Fight Diabetes** in your city. Together, this epidemic will be crushed.

### Evansville, Indiana

**Date:** October 11, 2008

**Location:** Roberts Stadium

**Available Route(s):** 1 mile route and 3 mile route

**Registration Opens:** 8:00 AM

**Event Start Time:** 9:00 AM

### Louisville, Kentucky

**Date:** October 18, 2008

**Location:** Bowman Field

**Available Route(s):** 1 Mile, 5K

**Registration Opens:** 8:00 AM

**Event Start Time:** 9:00 AM

For more information, call 1-888-DIABETES or Contact ADA at [http://main.diabetes.org/site/PageServer?pagename=OUT\\_contactus](http://main.diabetes.org/site/PageServer?pagename=OUT_contactus).

## JOIN 4,000 OF YOUR COLLEAGUES IN DC



### Diabetes Educators: Bringing Our Worlds Together

**You will:**

**Earn 20+ CE credit hours.**

**Visit with nearly 300 exhibitors.**

**Network with 4000 diabetes educators.**

**Choose from over 100 educational sessions.**

WASHINGTON D.C.

AADE

35<sup>th</sup> ANNUAL MEETING

2008

AUGUST 6-9, 2008

Save \$\$\$ with early registration rates when you register online today!  
[www.diabeteseducator.org](http://www.diabeteseducator.org)

# KENTUCKY WEEK-LONG CAMP FOR CHILDREN WITH DIABETES

The American Diabetes Association (ADA) offers over 50 camping programs in the United States serving over 10,000 children each summer.

## Kentucky - ADA Camp Hendon

Camp Hendon is a week-long residential camp for children with type 1 and type 2 diabetes held at Camp Crooked Creek, a Boy Scouts of America Camp. Camp Crooked Creek is located in Shepherdsville, Kentucky in Bullitt County, approximately 30 minutes south of Louisville. The camp site is situated adjacent to the Bernheim Forest and is part of the 1,000 acre Old Kentucky Home Scout Reservation.

Campers enjoy meeting other children with diabetes and spending time outdoors while participating in fishing, riflery, hiking, arts and crafts, ropes courses, nature and more! Campers are supervised 24 hours a day by doctors, nurses, dietitians, and counselors thoroughly trained in diabetes management.

**Camp Dates:** July 20 - 26, 2008

**Camper Ages:** 8-17

**Camp Fees:** \$325 ADA Members  
\$350 Non Members  
Financial Aid is available

**Camp Application Packet and Payment is due by June 30, 2008.**

For camp information, contact:

Yunus Powell

1-888-DIABETES, ext. 6668

[ypowell@diabetes.org](mailto:ypowell@diabetes.org)

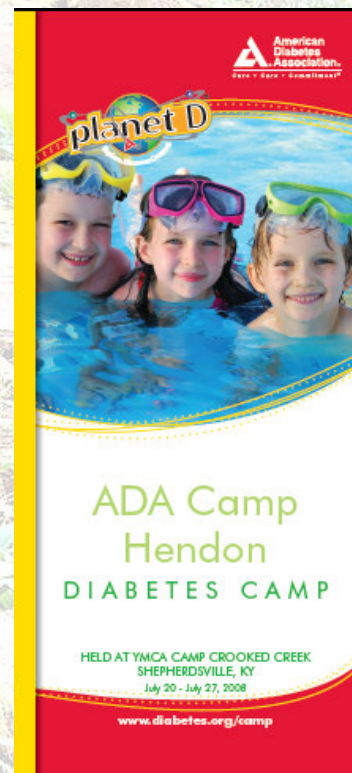
**Camp Staff — Volunteers Needed!**

If you are a nurse or dietitian and would like to apply to work at Camp, please contact Mechelle Coble at [mecheller.coble@ky.gov](mailto:mecheller.coble@ky.gov) or 1-800-280-1601 ext 1007 or Missy Jardine at [mjardine@diabetes.org](mailto:mjardine@diabetes.org) phone 1-888-DIABETES X 6662 or 1-513-404-8431.

Download a copy of the brochure at: [http://www.diabetes.org/uedocuments/Camphendon\\_final.pdf](http://www.diabetes.org/uedocuments/Camphendon_final.pdf)



*Kentucky's Camp Hendon*



## FREE EVANSVILLE, INDIANA DAY CAMP FOR CHILDREN WITH DIABETES

In partnership the American Diabetes Association, Deaconess Diabetes Center, Joslin Diabetes Center affiliate at St. Mary's, the Tri-State Association of Diabetes Educators (TRADE), and the Tri-State Business Group on Health will offer:

**CAMP ENDEAVOR.**  
**Saturday, July 12, 2008**  
**8 am - 5 pm**  
**YMCA Downtown**  
**Evansville, Indiana**

- Everything is free!
- Fun activities
- Keynote by Jay Leeuwenburg
- Lunch & snacks
- Special t-shirts
- Goody bags

\*Register by July 4, for this free event by emailing  
[register@campendeavorevansville.com](mailto:register@campendeavorevansville.com)

For more information, visit  
[www.campendeavorevansville.com](http://www.campendeavorevansville.com)

## FREE LEXINGTON KENTUCKY DAY CAMP FOR CHILDREN WITH DIABETES

The Kentucky Association of Diabetes Educators (KADE) and the Lexington Lion's Club will host the

**19<sup>th</sup> ANNUAL FUN CAMP**  
**FOR CHILDREN WITH DIABETES**  
**July 11, 2008**  
**8:00 a.m. - 4:00 pm,**  
**Masterson Station Park,**  
**Lexington, Kentucky**

The one day camp is for children with diabetes who have completed grades K-8. The **Fun Camp** provides a safe, medically supervised experience while offering many fun activities, such as crafts, games, and rides. Children will have the opportunity to meet other children with diabetes and have FUN!

Pre-Registration is required. A registration packet will be sent to all qualified campers upon request. Forms must be completed and returned no later than Friday, JUNE 27, 2008. For further information on availability or to request the registration forms, call Alison Salvagne at (859) 323-5404 ex 273 or Melissa Combs-Wright at (859) 433-1734.

**CHILDREN WITH DIABETES ACROSS KENTUCKY ARE WELCOME  
TO ATTEND EITHER DAY CAMP!**



## **SAVE THE DATES --- UPCOMING DIABETES SEMINARS!**

### **SEPTEMBER 26, 2008 -- Low Cost**

- Tri State Association Diabetes Educators (TRADE)
- All Day Diabetes CEU for Nurses, Dietitians, Pharmacists, and More
- Counts for Certified Diabetes Educator (CDE) Renewal
- Western KY University Campus, Carroll Knically Center, Bowling Green, KY

For more information / brochure contact Mary Tim Griffin 270-686-7747 X 3019 or email [marv.griffin@ky.gov](mailto:marv.griffin@ky.gov)

### **OCTOBER 3, 2008 -- FREE**

- Southern KY AHEC, Baptist Regional Medical Center, the KY Diabetes Prevention and Control Program and Partners
- All Day Diabetes CEU for Nurses, Dietitians, Pharmacists, Physicians, Dentists, Social Workers and more
- Counts for Certified Diabetes Educator (CDE) Renewal
- Corbin Technology Center

For more information / brochure contact Anna Jones Southern KY AHEC 800-711-0291 or Cindi Farmer at Baptist Regional Medical Center 606-526-8319

### **NOVEMBER 21, 2008 -- Low Cost In Recognition of World Diabetes Day**

- KY Chapters of the American Association of Diabetes Educators (AADE) DECA, KADE, GLADE, TRADE, state diabetes program (KDPCP), state coalition (KDN)
- All Day Diabetes CEU for Nurses, Dietitians, Pharmacists, and More
- Counts for Certified Diabetes Educator (CDE) Renewal
- Location to be decided -- Louisville or Lexington

For more information / brochure contact Janice Haile 270-686-7747 X 3031 or [janice.haile@ky.gov](mailto:janice.haile@ky.gov)

## **2008 Kentuckiana JDRF Chapter Walks — Mark Your Calendars!**

**When:** September 20, 2008

**What:** Bluegrass Region Walk to Cure Diabetes

**Where:** Jacobson Park, Lexington

**When:** September 23, 2008

**What:** Greater Louisville Walk to Cure Diabetes

**Where:** Bowman Field / Seneca Park, Louisville

**For more information:**

**Juvenile Diabetes Research Foundation (JDRF)**

133 Evergreen Road, Suite 101

Louisville, KY 40243

502-485-9397

Email [kentuckiana@jdrf.org](mailto:kentuckiana@jdrf.org)

[www.jdrf.org](http://www.jdrf.org)



# **Happy 4th of July!**

## DECA DIABETES EDUCATOR MEETINGS SCHEDULED

Diabetes Educators of the Cincinnati Area (DECA) (covers Northern Kentucky) invites anyone interested in diabetes to our programs. Please contact Susan Roszel, corresponding secretary at [sroszel@fuse.net](mailto:sroszel@fuse.net) or Jana McElroy at [jmcelroy@stelizabeth.com](mailto:jmcelroy@stelizabeth.com) or call 859-344-2496. Meetings are held in Cincinnati.

**NO MEETINGS DURING SUMMER**

## GLADE DIABETES EDUCATOR MEETINGS SCHEDULED

The Greater Louisville Association of Diabetes Educators (GLADE), which covers Louisville and the surrounding area, meets the 2<sup>nd</sup> Tuesday every other month. Registration required. Please register by contacting Diana Metcalf at [Diana.Metcalf@nortonhealthcare.org](mailto:Diana.Metcalf@nortonhealthcare.org).

**NO MEETINGS DURING SUMMER**

## ENDOCRINOLOGISTS MEETINGS SCHEDULED

The Ohio River Regional Chapter of the American Association of Clinical Endocrinologists (AACE) and the Kentuckiana Endocrine Club (KEC) meet on a regular basis. For a schedule of meetings, contact: Dr. Vasti Broadstone, Phone: 812-949-5700 E-mail: [joslin@FMHHS.com](mailto:joslin@FMHHS.com).

## KADE DIABETES EDUCATOR MEETINGS SCHEDULED

The Kentucky Association of Diabetes Educators (KADE), which covers Lexington and Central Kentucky, meets the 3rd Tuesday of every month except summer (time & location vary). For a schedule or more information, go to <http://kadenet.org/> or contact:

Dana Graves                      Diane Ballard  
Phone: 859- 313-1282  
E-mail: [gravesdb@sjhlex.org](mailto:gravesdb@sjhlex.org)   [DianeBallard@alltel.net](mailto:DianeBallard@alltel.net)

**Program:** 19th Annual Fun Camp for  
Children with Diabetes

**Date:** July 11, 2008

**Time:** 8am—4pm

**Location:** Masterson Station Park

## KENTUCKY DIABETES NETWORK (KDN) MEETINGS SCHEDULED

The Kentucky Diabetes Network (KDN) is a network of public and private providers striving to improve the treatment and outcomes for Kentuckians with diabetes, to promote early diagnosis, and ultimately to prevent the onset of diabetes.

Anyone interested in improving diabetes outcomes in Kentucky may join. A membership form may be obtained at [www.kentuckydiabetes.net](http://www.kentuckydiabetes.net) or by calling 502-564-7996 (ask for diabetes program).

**2008 meeting times are 10:00 am—3:00 pm EST**  
**“First-timers” should arrive by 9:30 am**

**Date:** September 12, 2008  
Kentucky History Center, Frankfort, KY

**Date:** November 7, 2008  
Masterson’s Restaurant Louisville, KY

## TRADE DIABETES EDUCATOR MEETINGS SCHEDULED

The Tri-State Association of Diabetes Educators (TRADE), which covers Western KY/Southern IN, meets quarterly from 11 – 2 pm CST with complimentary lunch and continuing education. To register, call (270) 686-7747 ext. 3019 or email Mary Tim Griffin at [mary.griffin@ky.gov](mailto:mary.griffin@ky.gov).

**Date:** July 17, 2008  
**Time:** 11:00 am—2:00 pm  
**Location:** The Health & Wellness Center  
Greenwood Mall  
2625 Scottsville Road  
Bowling Green, KY  
**Speaker:** Details to be determined  
**Topic:** Details to be determined

**TRADE WORKSHOP**  
**SEPTEMBER 26, 2008**  
**CARROLL KNICELY CENTER**  
**IN BOWLING GREEN**



# Kentucky Diabetes Connection



Presort Std.  
US Postage  
PAID  
Owensboro, KY  
42301  
Permit # 120

Editor  
PO Box 309  
Owensboro, KY 42302-0309

## Contact Information



**American  
Diabetes  
Association®**  
*Cure • Care • Commitment®*

[www.diabetes.org](http://www.diabetes.org)  
1-888-DIABETES

KENTUCKY ASSOCIATION  
of DIABETES EDUCATORS



Bluegrass / Eastern Chapter  
A Chapter of AADE


[www.kadenet.org](http://www.kadenet.org)



**JDRF** Juvenile  
Diabetes  
Research  
Foundation  
International

*dedicated to finding a cure*

[www.jdrf.org/chapters/](http://www.jdrf.org/chapters/)  
KY/Kentuckiana  
1-866-485-9397



**TRADE**  
Tri-State Association  
of Diabetes Educators

[www.aadenet.org/  
AboutAADE/Chapters.html](http://www.aadenet.org/AboutAADE/Chapters.html)



G  
L  
A  
D  
E  
1964

[www.louisvillediababetes.org](http://www.louisvillediababetes.org)



**DECE** IN CINCINNATI  
Diabetes Educators Cincinnati Area

[www.aadenet.org/  
AboutAADE/Chapters.html](http://www.aadenet.org/AboutAADE/Chapters.html)



**KDN**  
KENTUCKY DIABETES NETWORK, INC.

[www.kentuckydiabetes.net](http://www.kentuckydiabetes.net)



KENTUCKY DIABETES PREVENTION  
AND CONTROL PROGRAM  
KDCPP

*Kentucky*  
UNBROKEN SPIRIT

[www.chfs.ky.gov/dph/ach/cd/diabetes](http://www.chfs.ky.gov/dph/ach/cd/diabetes)



**AA  
CE** American  
Association  
of Clinical  
Endocrinologists

Ohio River Regional Chapter  
[www.aace.com](http://www.aace.com)

**Kentuckiana Endocrine Club**  
[joslin@fmhhs.com](mailto:joslin@fmhhs.com)

Layout by Vevah Harris  
[vevah.harris@ky.gov](mailto:vevah.harris@ky.gov)